



# Heaven Put On Skin

For Women Who Are In The Middle Of The Mess

A devotional companion — Season 1, Episode 4



## Today's Reflection

When you're in the middle of it, something hard, perhaps, unexpected, a diagnosis, a marriage that's gone quiet in the wrong way, a child you can't reach, a job that's draining the life out of you — the picture of a God who watches from far away doesn't help.

In the middle of the storm, you don't need a king on distant throne or a God that commands the winds as much as you need a God who sits in the boat with you, soaked to the bone and holding your hand. A God who feels what you are feeling, knows and understands what you are feeling, right then. You need the God who 'moved into the neighborhood' and carries the scars to prove He understands.

That's exactly what John 1:14 is telling us.

When I was younger, I thought of God somewhere high above, looking down on us, monitoring our behavior, waiting for me to mess up. I understood he was powerful, he was majestic and omnipotent, that's what I learned in church.

I never once thought that he was near or that "He got me."

How can someone so far away, so magnificent, the creator of everything, care about me? Understand me?

I think that if you were one of those kids who were taught they had a guardian angel, it became easier to believe that's who God sent to be near us because He was busy or too high above everyday life to come close Himself.

I'm not saying it is the truth. I'm talking about how a child can understand it.

The idea of a guardian angel felt less overwhelming. It made God's care seem more manageable, more personal, more within reach. But when I think back on it now, the idea also made God feel farther away. It created an intermediary between God and us. It reinforced the feeling that there was

distance — a line of separation — between the God who ruled from above and the child who needed Him nearby.

And you can see how that belief follows you into adulthood. It shapes your consciousness before you even have language for it. You may still believe God is real. You may still believe He is powerful. But somewhere deep down, you also believe He is distant — that His care has to come through someone or something else because He Himself is not quite within reach.

But the wonderful thing is that He became one of us.

When Jesus stepped into humanity, He didn't just watch and observe from a distance. He became human. He came close enough to experience what we experience from the inside.

He felt hungry. He understood what exhaustion felt like. He felt angry and sad. He laughed. He was misunderstood and betrayed. He cried. And He ultimately died. He felt all of that, the entire human experience.

God did not stay far above the human experience.

In Jesus, He entered it.

He moved into the neighborhood of being human.

And He stayed.

## **He's been there**

The Word — the One who spoke galaxies into being — became flesh. He didn't observe humanity from a distance. He moved into it. He had a body that got tired. He had a stomach that growled. He had friends who let Him down. He cried at a funeral. He sweated. He bled.

Why does that matter when you're afraid?

Because fear gets its grip from a lie — the lie that you're alone in this. That nobody understands. That God might exist somewhere, but He doesn't really know what it's like to be you.

Incarnation breaks that lie.

When Jesus became human, He took the devil's greatest weapon away. The hold that the enemy has on humanity is fear. But Jesus walked into death and turned it into a doorway to eternal life. Our worst fear — death itself — became a beginning, not an ending.

So in your worst moments, no matter what is going on in your life — you are not alone. You are not unknown. He became you so that you would never again face fear by yourself.



*“Since the children have flesh and blood, he too shared in their humanity so that by his death he might break the power of him who holds the power of death — that is, the devil.”*  
— Hebrews 2:14



Read that slowly. He shared in our humanity. Not observed it. Not managed it from above. Shared it. That word is everything.

### **The fear you’re carrying**

Fear is a liar. And if you think about your worst moments — the storm you’re in right now, the one that’s keeping you up at night — most of it starts with fear. Fear of what happens next, fear of the unknown. Fear of being too far gone. Fear of the worst-case scenario.

But Jesus walked into fear, grief, betrayal, suffering, and death. He knows what it is to suffer, to dread, to grieve, and to carry the weight of being human.

You don’t have to live inside that fear.

The next time it tells you that nobody understands what you’re going through, remember.

He moved into the neighborhood.

He didn’t send a message from heaven.

He showed up in person.

**You are not alone in this.**

**You never were.**



## Today’s Scripture

*“The Word became flesh and made his dwelling among us.”*

— John 1:14 (NIV)



# Journal Prompts

Use the space below to explore your thoughts and feelings about today's inspiration. Let these questions guide you, but don't feel pressured to answer all of them.

## 1. **Your first picture of God**

When did you first form your picture of who God is? Did it come from church, family, childhood teaching, or a hard experience? How has that picture helped or limited you? How has it affected your life? How has it shaped the way you relate to God now?

## 2. **Jesus in the human experience**

Jesus experienced exhaustion, betrayal, grief, and fear — not as God observing from above, but as a human feeling it from the inside. How does that change the way you bring your own pain to Him?

## 3. **The fear you are carrying**

Write about the fear that has the strongest grip on you right now. Where do you think it started? What does it make you believe about yourself, your life, or God?

## 4. **Letting Jesus enter that fear**

What would it mean to actually believe that Jesus has already stepped into deepest human fear and overcome it? What would change if you believed you were not facing this alone?

## 5. **Invitation**

Then, invite God into that space. Ask Him to show you what is true. Ask Him to reveal His *true* heart to you. Not the version of Him fear created, but who he really is.





## Scripture Reflection

*“And being found in appearance as a man, he humbled himself by becoming obedient to death — even death on a cross.” — Philipians 2:8*

Read this verse slowly three times. He didn't just live as one of us. He died as one of us. Sit with that for a moment. What does it mean to you today?



## Selah Moment



Close your eyes for a moment.  
Place your hand over your heart.  
Take a slow breath in... and a slower breath out.

Whisper this to yourself:  
**“He’s been here. He knows. I am not alone.”**

Pause here. Don't rush back.

# A prayer and parting thought

## Prayer

Lord. For the woman reading this right now — the one who is living inside one of those fears, the one who has been picturing You as far away — meet her right where she is.

Remind her that You didn't watch from a distance. You stepped inside it. You felt it. You know exactly where she is right now. Let her feel that she is not alone, not unknown, and not forgotten. You became her so she would never have to face any of it without You.

Amen.

*Be still, star.*

— *Star*

